



My Trauma Bond Recovery Process

The First Session

GETTING TO KNOW YOUR STORY

In our first session we will focus on getting to know the background of your relationship, understanding the abuse and where you are currently at emotionally.

Understanding & Education

AN EDUCATED EMPATH & YOUR TRAUMA BOND

We will focus on understanding your specific trauma bond, help you let go of the potential that you held on to, learn to live in reality and how to take it one day at a time.

Emotions, Grief & Needs

COMPASSION & GRIEVING YOUR LOSS

We will discuss showing yourself forgiveness & compassion, reflect on behaviors you find acceptable and unacceptable, and to grieve the loss of this relationship that you've held onto.

Support & Building Your Future

BUILD A SUPPORT SYSTEM & DEFINE YOUR FUTURE

What kind of support do you need from the people in your life? We will focus on building a tangible future for yourself and set goals so you are striving towards something positive & meaningful.

Self Love & Confidence

LEARN TO LOVE YOURSELF & BE FREE

A lack of self love is what caused you to be here in the first place. We will discuss boundaries, self love, and how to build unshakeable confidence in yourself so you no longer seek external validation.

click below to book your breakthrough session

[STRONGERTHANBEFORE.CA](https://strongerthanbefore.ca)